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Page 7

# SPOKE

A day in our life  
Insert  
Pages 18-20

Vol. 23, No. 29

Conestoga College, Kitchener, Ont.

September 7, 1993

## What you missed during the summer

A summer could have been shut through the college's hallways the summer and we can't wait to see it again. Here are some of the things that you missed during the summer.

**□ The new desk**  
A project began on the new desk at the front of the building. It is now complete and is now in use. It is now complete and is now in use.

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Stairway to success

A new staircase at the college's main building is now complete. The new staircase is now in use and is now in use.

## Tuition delay

\$20 deferral fee unfortunate, but necessary

By Susan Wright

Although charging a \$20 fee to students who can't afford to pay for a school year's tuition is not ideal, many are doing so to make sure it is necessary, says Conestoga College registrar Betty Martin.

The fee to delay one semester's tuition is charged because of the work involved in handling the request, said Martin.

"There is a lot of work involved in getting a student's tuition delayed," she said. "The work is not just in getting the money, but in getting the money to the student."

The fee was increased by \$5 as part of the college's tuition increase, she said.

The fee is charged to prevent a student from being charged a \$20 fee to delay one semester's tuition.

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## Security patrol program proposed, but no definite plans

By Kathleen Mackenzie

Several security proposals have been submitted to the college's board of trustees. The proposals include a security patrol program, a security guard program, and a security guard program.

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# Pop Can Tab Campaign

Collecting tabs to buy wheelchair starts in September

By Mike Dean

Before paying programs money for two parties last fall, they could give the purchase of what others see as physically challenged.

According to September, the State Student Association (SSA) plans to pay the program for two parties last fall. They could give the purchase of what others see as physically challenged.

Pease said the SSA will pay the program for two parties last fall. They could give the purchase of what others see as physically challenged.

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physical chairs, department, from last Pop Can Tab Campaign.

"I don't know how well it will go," said Pease. "The chair is not a bad idea."

Four million tabs are needed to buy a bank wheelchair. But for more expensive and electronic wheelchairs, we're looking at 10 to 15 million tabs.

—Pease

Pease said the SSA will pay the program for two parties last fall. They could give the purchase of what others see as physically challenged.

## Computer changes allow faculty to access two computer networks

By Tim Pease

According to Mike Dean, a computer systems manager at the University of Idaho, the new system will be installed in faculty members, many computer users will be having a hard time.

Last year, Computer Systems had a new system installed in faculty members, many computer users will be having a hard time.

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## College registrar plays day-to-day role

By Sam Meyer

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## You Tell Us

What is the most important thing first-year students should know about Corvallis College?



They should know that the college is not a place where you can just go to school and get a degree. You have to work hard and be a good student.

Mike Smith, 18, student at Corvallis College.

They should understand that the program they are in is not a job. It is a challenge and a chance to learn.

David Smith, 18, student at Corvallis College.



But because they're not used to college, they should know that it's not a place where you can just go to school and get a degree. You have to work hard and be a good student.

David Smith, 18, student at Corvallis College.



When the students are in school, they should know that it's not a place where you can just go to school and get a degree. You have to work hard and be a good student.



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By Karen Argaman











## Peer Tutoring

PEER TUTORS  
FOR SEPT. 1993

### QUALIFICATIONS

- A or B+ in completed subjects
- Enjoy working with people
- Strong communication skills

### BENEFITS

- Develop new skills
- Useful experience
- Wage of \$7 per hour

### TUTORS HAVE SAID...

"Gained confidence in myself..."

"Solidifying seeing the improvement in student's marks..."

"Great experience"

Information and Applications available from  
Student Services

### Message from the President

From Dr.  
John W.  
Thibault



Welcome to Conestoga College! I hope the 1993-94 academic year will be a productive and rewarding one for you.

If you are new to Conestoga, I urge you to become an active part of our community. All of us at the college enjoy to ensure that the educational experience here is an excellent one — useful,

challenging and valuable. However, the learning experience involves much more. It involves learning to work with others productively, in business and industry, the most highly valued skills today are communication, teamwork, creativity and the ability to solve problems. To acquire these skills, you must acquire knowledge, but also, you must learn to work effectively with faculty and with students colleagues.

First, succeed, then succeed, demonstrate a desire to acquire knowledge and skill. At Conestoga we have positive results, not just this year, but for many years to come, because the commitment to learning, to personal growth and to teamwork

you make here will go with you where you start your career.

In addition, I encourage all students to remember that Conestoga offers you opportunities beyond your program of study. You can be an active, contributing member of the Conestoga community through participation in variety and intramural activities, student government, peer tutoring and club activities.

Conestoga College hopes that you enjoy your experience here and that you have every opportunity to achieve your educational goals.

On behalf of the college's faculty, staff and administration, I wish you every success in the coming year.

## LEARNING RESOURCE CENTRES

### (LIBRARY AND AUDIO-VISUAL)

Learning Resource Centre services and hours vary depending upon your campus but wherever your location, you'll find staff who are friendly and eager to help you.

Come in and see what your Learning Resource Centre can do for you!

### Conestoga's Counsellor



By Pat Truesdale

This summer I had my first experience at living in residence when moving at Brock University did a conference.

The rooms were clean and functional. There were many friendly strangers around campus. The food was O.K. and the beer was cold.

Studying was horrible but by the second night I was in hospital. That I could not sleep.

"I want my own bed!" I cried out. As I considered ways to escape, I realized how many Conestoga students must first during their first week away from home. Nothing at home and the little play or snail you have managed to find in this car-does not yet make a home.

Your roommate or flat-mate has some annoying habits that make life at home look like a first class experience by comparison.

You wonder, "Do I really want to be here? Am I there any more after all of this?"

The first few weeks are the toughest and waiting to

run home is a natural response. Having an idea of what it's like after a couple of weeks, I can tell you that it's not as bad as you think. It's just a little different. You're not alone and that your room has been sorted out.

In the meantime, participate in as many activities as you can since if you're to give yourself a push. Taking part in Orientation activities can make the difference between feeling lost and alone for a few days instead of a few months.

I could not have known twenty years ago that three of the friends I met at college orientation activities would still be friends today. You could I have known that you could be there for each other during stormy changes, bad and good times, marriage and separation, children's births and parents' illnesses. It is hard to imagine that they were once strangers.

Don't "bottle" and if you sense some common ground, keep talking. Write Jonathan Hunt says that we usually recognize a friend within the first few minutes of conversation which is not a bad investment of time.

We will be here for you if you just need to talk. Conestoga is located in the Student Services area and appointments are made through Intake Facilities or Jean Gosselin.

Pat Truesdale is a counsellor with student services at Conestoga.

## Orientation T-Shirts

Limited Number Still Available



**Only \$12.00**



180 gsm cotton T-shirt, one size fits all  
Imprinted with Orientation LOGO

Purchase a T-shirt and your name is automatically entered into a draw for 2 FREE Toronto Blue Jays tickets.

T-shirts available at the PSA Activities Office (main cafeteria).

## Party & Bar-B-Q

Tues., Sept. 7

4 p.m. to 8 p.m.



Outside the Kenneth E. Hunter Recreation Centre  
The Deck behind the Rec!

**FREE ADMISSION**

Licensed under LBO  
Summer never ends at Conestoga.

Join us for some summertime FUN!

Beach Volleyball, Beach Tumb, Tag of War, FREE Entertainment and much, much more.....

Great Prizes to be won.

Don't miss it for the WEEKEND!





# ATHLETICS

## Greetings!

On behalf of the Athletics & Recreation Department Staff, we like to wish this opportunity to welcome you.

We have an exciting line-up of activities for all interests at any level of involvement. Our Intramural/Recreational Programs are a great fun way of meeting friends and really getting involved in campus life. If competition is for you, try the wing of the variety classes or enter OCAA or ICCAA competition. This year we will host the Canadian Men's Soccer Championship.

A rigorous schedule will require you to balance your college academics with the healthy lifestyle activities available here at the Conestoga College Recreation Centre.

Enjoy your year and remember to balance your academic stress with the stress relief of an active lifestyle.

Don Young, Supervisor

Athletics & Community Programs

Dwain Shedd, Supervisor

Customer Service & Community Relations

## Your Athletics & Recreation Staff

Sylvia Connors - Receptionist (Wheelchair)

Paula Pedersen - Administrative Services Coordinator

Ken Macdonald - Receptionist

Barb McCauley - Athletic Programs Coordinator

Doug Pedersen - Athletic Officer/Therapist

Dwain Shedd - Supervisor, Customer Service & Community Relations

Doug Wilson - Registered Nurse Assistant

Don Young - Supervisor of Athletics and Community Programs

# RECREATION CENTRE

As a full-time diploma student at the Conestoga Campus you have paid your membership fees to the Conestoga Recreation Centre as part of your tuition. We welcome all students, both full-time and part-time, to take advantage of the Recreation Centre by purchasing a special Student Membership.

## The Conestoga Recreation Centre Facilities

- 4 Pools: Open water
- 2 Boccia Courts
- 2 Wheelchairs
- 1 Gymnasium
- Universal Gym
- 100 Docks
- 2 American-Soviet Squash Courts
- 1 Air Olympic Size Archery
- 4 England Tennis Courts
- 1 Softball Diamond
- Double Gymnasium with:
  - 1 Squash Gymnasium
  - 2 Basketball Courts
  - 1 Volleyball Courts
  - 2 Badminton Courts
  - 1 Indoor Running Track
- Soccer Field
- 400m Ice Speedskating Oval
- 100m Sprint
- 4 England Tennis Courts
- 1 Softball Diamond

## Hours of Operation

Tel: April 86, 1994

Monday to Friday: 8:00 am - 10:00 pm

Saturday & Sunday: 12 noon - 4:00 pm

Closed Holidays

## Privileges of Membership

As a Student Member of the Recreation Centre you may take part in:

- Free Skate Hockey:
  - Monday, Wednesday, Thursday and Friday
  - 11:30 am to 1:30 pm
- Free Public Skating:
  - Tuesday
  - Saturday
  - 11:30 am to 4:00 pm
  - 2:00 pm to 3:00 pm
- Free Gym Use:
  - During Unoccupied Time
- Free Women's Club:
  - Monday to Friday
  - 7:15 am to 12:15 pm and 4:00 pm
- Free Squash Court:
  - 7 Day Advance Booking Privileges
- Free Intramural League Participation
- Reduced Rates Community Recreational Programs
- Special Rates on Gym and Aquatics Bookings

For access to the Recreation Centre simply present your student Card or Membership Card to the reception desk. Lucky are available for you during your stay by requesting one from the receptionist.



# ATHLETICS

## Inter-Collegiate

The following sports will be offered in the Conestoga-Varsity/Inter-Collegiate program for students who wish to compete in the C.C.A.A. (Ontario Colleges Athletic Association) and C.C.A.A. (Canadian Colleges Athletic Association). All tryout dates are listed below.

| SPORT                    | COACH(S)   | TRYOUT DATES  | TIME                          | LOCATION                                 |
|--------------------------|--|---|-------------------------------|--|
| Outdoor Soccer - Men's   | Guy's Anderson ext. 250<br>Steve Sheel ext. 285                  | Monday, August 30<br>Wednesday, September 2<br>Tuesday, September 7                 | 1:00 pm<br>1:00 pm<br>4:30 pm | James Frost Field<br>(Recreation Centre) |
| Outdoor Soccer - Women's | Cathy Telenky<br>Vince Anderson ext. 403                         | Tuesday, Aug. 31<br>Thursday, September 2<br>Sunday, September 7                    | 1:00 pm<br>1:00 pm<br>4:30 pm | James Frost Field<br>(Recreation Centre) |
| Women's Softball         | Rae Taylor<br>Randy Houston<br>(JASA 748-3212)<br>Vicky Gandy    | Monday, August 30<br>September 1 and 2<br>September 7, 8 and 9                      | 4:00 pm<br>4:00 pm<br>5:00 pm | Bell Diamond #1                          |
| Men's Hockey             | Ron Woodward<br>Ron Taylor<br>Ken Kinkor<br>(Don Young ext. 270) | First Year Only<br>September 8 and 9<br>First, Second & Third Years<br>September 13 | 5:00 pm<br>5:00 pm            | Austin<br>(Recreation Centre)            |

## Athletic Scholarship Program

Scholarships are available in each Varsity/Inter-Collegiate sport. Every student is entitled to apply for a scholarship in their sport. A selection committee will be reviewing all applications in October, 1993.

If you need further information or for an Athletic Scholarship Form, drop in to the Recreation Centre, ask your Coach or call extension 270 or 386.

*Deadline for application submission is Friday, October 8, 1993. Get your application in early!*

## Part-Time Jobs . . . We Need You!

### 1 Varsity Athletic Timekeepers (in all Venues through March)

Sports: Varsity Hockey and Football and Doug Peckham ext. 404

### 2 Athletic Trainers

Varsity Sports: Soccer (men's and women's), Softball (women's), Hockey (men's & women's). Interest in sports, wish to obtain First Aid Certificate. For more information call Doug Peckham ext. 404.

### 3 Institutional Referee/Schedulekeepers

Men's & women's (on-call evenings)

Sample Sports: Touch Football, Softball, Indoor Soccer, Soccer and Non-Contact Hockey, Ball Hockey, Basketball, Judo and Judo/Weightlifting. Training provided, hourly rates for all positions. Instructional programs run Monday - Friday, 4 - 11 pm. Call Barb ext. 386.

### 4 Student Athletic Committee (SAC)

Positions available starting in January. Committee positions include: scheduling, meeting, special events and income reports, other related duties. Hours: 10:00 am - 4:00 pm. Call Barb ext. 386.

### 5 Video-Grapher for various scheduled events

Requirements: Typing skills and own equipment. Call Barb ext. 386.

### 6 Recreation Centre Receptionist (part-time)

Requirements: good typing skills, public relations skills.

### 7 Recreation Centre Concession Attendant (part-time)

Requirements: good organizational skills, public relations skills.

### 8 Recreation Centre Fitness Instructors (part-time)

Requirements: good organizational skills, public relations skills.

### 9 Recreation Centre Maintenance (part-time)

Requirements: reliable, flexible, good public relations skills.

*For information on Athletics jobs,  
call the Conestoga College  
Recreation Centre at 748-3512.*

# ATHLETICS - Intramurals

## SESSION ONE: Get Involved - Sign Up As An Individual Or As A Team?

| Activity                 | Sign Up Open          | Sign Up Ends         | * Scheduling Meeting            |
|--------------------------|-----------------------|----------------------|---------------------------------|
| Co-ed Bow Pin            | Tuesday, September 7  | Monday, September 20 | Tuesday, September 21 - 4:00 pm |
| Men's Football           | Tuesday, September 7  | Monday, September 20 | Tuesday, September 21 - 3:00 pm |
| Co-ed Touch Football     | Tuesday, September 7  | Monday, September 20 | Tuesday, September 21 - 3:00 pm |
| Co-ed Ultimate or Tennis | Thursday, September 7 | Monday, September 20 | Tuesday, September 21 - 5:00 pm |
| Contact Hockey League    | Tuesday, September 7  | Monday, October 11   | Tuesday, October 12 - 3:00 pm   |

\* All teams must send a Captain or team representative to the scheduling meeting (on hand's love).

**Note:** Sign-ups will take place at Doon cafeteria one week prior to all events.

## Extramurals

**Extramurals:** are 1 day tournaments (team events), they are designed to allow participants in our Intramural program to compete against intramural participants at other Colleges. As well as selected teams from Conestoga attend tournaments hosted by other colleges. Even if you are not involved in an extramural activity you can still get involved in any extramural tournament!

For a complete directory on Extramural tournaments / host colleges etc, please call 749-3542 ext. 386 and ask how you can get involved. Or better yet, stop by the Recreation Centre and ask for Barb.

### Tournament

Men's Football Tournament  
Men's & Women's Volleyball  
Co-ed Volleyball & Contact Hockey  
Women's Rugby

### Hosted at the Recreation Centre

Friday, October 8, 1993  
Friday, November 19, 1993  
Friday, February 11, 1994  
Friday, January 21, 1994 or Friday, March 25, 1994

## Intercampus Events - 1 Day Events - "Designed for Everyone"

### Tournament

Co-ed Squash  
Co-ed Volleyball Tournament  
Co-ed Basketball Tournament  
Co-ed Basketball Tournament  
Men's Ball Hockey Tournament  
Co-ed Volleyball Tournament

### Date

Thursday, September 23, 1993  
Wednesday, November 10, 1993  
During Winter Carnival Week  
Friday, February 25, 1994  
Friday, March 18, 1994  
Wednesday, March 16, 1994

Intercampus events are 1 day Intramural Tournaments designed to encourage participation from any campus of Conestoga. So have some fun, make up a team of your friends, classmates and faculty. Plan early to join in for a day of fun, call ext. 386/718

## PAID POSITIONS

### Conestoga College Officials Association

We are looking for officials / referees for Intramurals -

C.C.O.A. - The Conestoga College Officials Association has been developed to improve the quality of officiating and to ensure an increase in officiating, a change of working is a great way of making a difference.

Members of the C.C.O.A. will include all officials at Conestoga College and these people will be recognized for their efforts. An Official of the Month will be chosen on the basis of their performance as an official of their sport.

Classes for each sport will be offered in all off-ends. This is an attempt to provide the most knowledgeable, well trained officials for the entire Intramural and Varsity Program. Through the newly developed recreation the Athletic Department hopes to provide trained officials for our Intramural and Varsity Programs.

For applications call or the Recreation Centre

**Note:** Athletic Colleagues will be available during Orientation Week and also given out at classroom registration. Please ask for your copy early in September - these can be picked up under Recreation Centre - Athletic Office, the sign-up table at the Doon Cafeteria or the BSA Activity Office (Downstairs near cafeteria).

## Student Athletic Committee (S.A.C.)

These students are your representatives to Athletics and Recreation

|                                      |        |
|--------------------------------------|--------|
| Public Sales - Business / Accounting | 3rd yr |
| Multimedia Food - GAS Program        | 3rd yr |
| Pen Vendors - LASA                   | 3rd yr |
| Rack Threading - LASA                | 3rd yr |
| Phil Center - LASA                   | 3rd yr |
| Junior Proms - Business / Marketing  | 3rd yr |
| Senior Park - Business / Accounting  | 3rd yr |
| Rob Threading - Business             | 3rd yr |
| * Student Residence Representative   | 3rd yr |

S.A.C. is made up of students from various programs at the College. They are here to assist Athletic Staff with all intramural and extramural programs and are a very important part of the overall Athletic Program.

The S.A.C. works hard to offer a variety of extramural activities throughout the year, designed to allow students, faculty, staff, Alumni and Recreation Centre members opportunities for fun, and to enhance social, psychological and physical well being. If you have any questions at any time, then please let your how to get involved as a participant, organizer, spectator etc. - Ask ME! We can help you get involved!

Call 749-3542 ext. 386 or 718, you'll be glad you did!



CONESTOGA  
COLLEGE  
ATHLETICS &  
RECREATION

# Conestoga College - Recreation Centre Community Programs

## Adult Programs

### Fitness Consultation

Sign up now for your personal fitness consultation. This is an efficient "one-on-one" session designed to develop a fitness program for you, based on your individual needs. Call for a complimentary consultation. (200-00) New Members  
When: Tuesday, October 12th, 10:00 am - 12:00 pm  
Where: Conestoga College Recreation Centre  
Registration/Enrollment: \$10.00 (New Members)

### Weight Training Consultation

Sign up now for your personal weight training consultation. This session allows you to develop a weight training program and determine how to develop your personal weight training program.

When: Tuesday, October 12th, 10:00 am - 12:00 pm  
Where: Conestoga College Recreation Centre  
Registration/Enrollment: \$10.00 (New Members)

### Women's Weight Training Classes

Women's weight training classes are designed for women only. This program will teach you the proper weight training techniques and will also teach you the proper nutrition and diet plan to help you achieve your goals. This program is designed for women only. This program is designed for women only. This program is designed for women only.

When: Monday and Wednesday, October 11th and 13th, 10:00 am - 12:00 pm  
Where: Conestoga College Recreation Centre  
Registration/Enrollment: \$10.00 (New Members)

### Men's Weight Training Classes

Men's weight training classes are designed for men only. This program will teach you the proper weight training techniques and will also teach you the proper nutrition and diet plan to help you achieve your goals. This program is designed for men only. This program is designed for men only. This program is designed for men only.

When: Tuesday and Thursday, October 12th and 14th, 10:00 am - 12:00 pm  
Where: Conestoga College Recreation Centre  
Registration/Enrollment: \$10.00 (New Members)

### Self-Defense Module Run

Learn some useful, practical ways to help protect yourself against various attacks. This program is designed for women only. This program is designed for women only. This program is designed for women only. This program is designed for women only. This program is designed for women only.

When: Wednesday, October 13th, 10:00 am - 12:00 pm  
Where: Conestoga College Recreation Centre  
Registration/Enrollment: \$10.00 (New Members)

### Tai Chi

Tai Chi is a traditional Chinese martial art that is known for its slow, graceful movements. It is a great way to improve your balance, flexibility, and overall health. This program is designed for women only. This program is designed for women only. This program is designed for women only. This program is designed for women only. This program is designed for women only.

### Health Yoga

Health Yoga is a combination of yoga and health. It is a great way to improve your balance, flexibility, and overall health. This program is designed for women only. This program is designed for women only. This program is designed for women only. This program is designed for women only. This program is designed for women only.

When: Tuesday, October 12th, 10:00 am - 12:00 pm  
Where: Conestoga College Recreation Centre  
Registration/Enrollment: \$10.00 (New Members)

## Senior Programs

### Test Call for Seniors

This program is designed for seniors only. It is a great way to improve your balance, flexibility, and overall health. This program is designed for seniors only. This program is designed for seniors only. This program is designed for seniors only. This program is designed for seniors only.

When: Tuesday, October 12th, 10:00 am - 12:00 pm  
Where: Conestoga College Recreation Centre

### Women's Classes for Seniors

Women's classes for seniors are designed for women only. This program will teach you the proper weight training techniques and will also teach you the proper nutrition and diet plan to help you achieve your goals. This program is designed for women only. This program is designed for women only. This program is designed for women only.

When: Tuesday and Thursday, October 12th and 14th, 10:00 am - 12:00 pm  
Where: Conestoga College Recreation Centre

### Line Dancing for Seniors

Line dancing for seniors is a great way to improve your balance, flexibility, and overall health. This program is designed for seniors only. This program is designed for seniors only. This program is designed for seniors only. This program is designed for seniors only. This program is designed for seniors only.

When: Tuesday, October 12th, 10:00 am - 12:00 pm  
Where: Conestoga College Recreation Centre

## Public Skating and Shiny Hockey

### Public Hockey

Public Hockey is a great way to improve your balance, flexibility, and overall health. This program is designed for seniors only. This program is designed for seniors only. This program is designed for seniors only. This program is designed for seniors only. This program is designed for seniors only.

### Shiny Hockey

Shiny Hockey is a great way to improve your balance, flexibility, and overall health. This program is designed for seniors only. This program is designed for seniors only. This program is designed for seniors only. This program is designed for seniors only. This program is designed for seniors only.

### Knockout Shopping Assistance Classes

Knockout Shopping Assistance Classes are designed for seniors only. This program will teach you the proper shopping techniques and will also teach you the proper nutrition and diet plan to help you achieve your goals. This program is designed for seniors only. This program is designed for seniors only. This program is designed for seniors only.

When: Tuesday, Wednesday, and Thursday, October 12th, 13th, and 14th, 10:00 am - 12:00 pm

Where: Conestoga College Recreation Centre

Registration/Enrollment: \$10.00 (New Members)

### Women's Classes

Women's classes are designed for women only. This program will teach you the proper weight training techniques and will also teach you the proper nutrition and diet plan to help you achieve your goals. This program is designed for women only. This program is designed for women only. This program is designed for women only.

When: Tuesday, Wednesday, and Thursday, October 12th, 13th, and 14th, 10:00 am - 12:00 pm

Where: Conestoga College Recreation Centre

Registration/Enrollment: \$10.00 (New Members)

### Adult Co-Ed Volleyball League

Adult Co-Ed Volleyball League is a great way to improve your balance, flexibility, and overall health. This program is designed for seniors only. This program is designed for seniors only. This program is designed for seniors only. This program is designed for seniors only. This program is designed for seniors only.

When: Tuesday, Wednesday, and Thursday, October 12th, 13th, and 14th, 10:00 am - 12:00 pm

Where: Conestoga College Recreation Centre

Registration/Enrollment: \$10.00 (New Members)

### Adult Morning Master Hockey League

Adult Morning Master Hockey League is a great way to improve your balance, flexibility, and overall health. This program is designed for seniors only. This program is designed for seniors only. This program is designed for seniors only. This program is designed for seniors only. This program is designed for seniors only.

When: Tuesday, Wednesday, and Thursday, October 12th, 13th, and 14th, 10:00 am - 12:00 pm

Where: Conestoga College Recreation Centre

Registration/Enrollment: \$10.00 (New Members)

### Recreation Club

Recreation Club is a great way to improve your balance, flexibility, and overall health. This program is designed for seniors only. This program is designed for seniors only. This program is designed for seniors only. This program is designed for seniors only. This program is designed for seniors only.

When: Tuesday, Wednesday, and Thursday, October 12th, 13th, and 14th, 10:00 am - 12:00 pm

Where: Conestoga College Recreation Centre

Registration/Enrollment: \$10.00 (New Members)

### Adult Co-Ed Hockey League

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When: Tuesday, Wednesday, and Thursday, October 12th, 13th, and 14th, 10:00 am - 12:00 pm

Where: Conestoga College Recreation Centre

Registration/Enrollment: \$10.00 (New Members)

When: Tuesday, Wednesday, and Thursday, October 12th, 13th, and 14th, 10:00 am - 12:00 pm

Where: Conestoga College Recreation Centre

Registration/Enrollment: \$10.00 (New Members)

## Youth Programs

### Youth Self-Defense

Youth Self-Defense is a great way to improve your balance, flexibility, and overall health. This program is designed for seniors only. This program is designed for seniors only. This program is designed for seniors only. This program is designed for seniors only. This program is designed for seniors only.

When: Tuesday, Wednesday, and Thursday, October 12th, 13th, and 14th, 10:00 am - 12:00 pm

Where: Conestoga College Recreation Centre

Registration/Enrollment: \$10.00 (New Members)

### Body Checking Clinic

Body Checking Clinic is a great way to improve your balance, flexibility, and overall health. This program is designed for seniors only. This program is designed for seniors only. This program is designed for seniors only. This program is designed for seniors only. This program is designed for seniors only.

When: Tuesday, Wednesday, and Thursday, October 12th, 13th, and 14th, 10:00 am - 12:00 pm

Where: Conestoga College Recreation Centre

Registration/Enrollment: \$10.00 (New Members)

When: Tuesday, Wednesday, and Thursday, October 12th, 13th, and 14th, 10:00 am - 12:00 pm

Where: Conestoga College Recreation Centre

Registration/Enrollment: \$10.00 (New Members)

### Professional Development Day Camps

Professional Development Day Camps are designed for seniors only. This program will teach you the proper weight training techniques and will also teach you the proper nutrition and diet plan to help you achieve your goals. This program is designed for seniors only. This program is designed for seniors only. This program is designed for seniors only.

When: Tuesday, Wednesday, and Thursday, October 12th, 13th, and 14th, 10:00 am - 12:00 pm

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When: Tuesday, Wednesday, and Thursday, October 12th, 13th, and 14th, 10:00 am - 12:00 pm

Where: Conestoga College Recreation Centre

Registration/Enrollment: \$10.00 (New Members)

Two of Canada's hottest bands will join forces to rock Geneslaga College



## LIVE IN CONCERT

### ORIENTATION PUB NIGHT — Thursday, Sept. 9

at the Kenneth L. Hunter Recreation Centre, 6000 Campus 4 p.m. to 120 a.m. (Doors open at 7:30 p.m.)

A UNGUED, ALL-AGES EVENT — DON'T MISS THIS PUB-NIGHT EXTRAVAGANZA for the WORLD!

Tickets: \$6.00 advance/\$8.00 at the door

Available at the DSA Activities Office (in the main cafeteria), DSA Administrative Offices (next to the student lounge)

Free gifts for the first 200 people through the turnstiles

A  & Labatt's presentation

### FREE NOONER



## Dig Circus

Wednesday, Sept. 8

11:30 a.m. to 12:30 a.m.

Main Cafeteria

Don't miss Entertainment of the Best!

### Got the Munchies?

Popcorn For Sale



Support the Lanes Restaurants of Canada and the College Student Food Bank

Purchase Microwave Popcorn for only \$1.00/package

Available at the DSA Activities Office

### \$Three-Buck Tuesday\$



\*\*\* Movie Night \*\*\*

Tues., Sept. 14

Featuring Independent Proposal, starring Robert Redford, Doree Mazer and Woody Harrelson

Tickets: \$3.00 in advance and \$5.00 at the door

\*\*\* Food Drive Special \*\*\*

Bring in a canned good and purchase a movie ticket for only \$1.00

(applicable to advance ticket sales only)

## The BIGGEST Party anywhere.....!

### LOONY DOONS DO THE TWIST



Wed., Sept. 8

8 p.m. to 1 a.m.



## at The Twist, Waterloo

2,000 people in one night-club at one time, THAT says party, Party, PARTY.....!

Tickets Only \$4.00

Available at the DSA Activities Office(main cafeteria)

Don't Miss This PARTY for the WORLD!

# WATERLOO CAMPUS WELCOMES YOU

## DO YOU KNOW...

What the Waterloo campus learning resource centre has to offer?

You have access to over 50,000 books, periodicals, and video tapes through an inter-campus loan service.

The LRC has over 500 files on various topics that are kept current.

The LRC keeps back issues of periodicals for five years.

You can make a photocopy for 10 cents just outside the LRC.

You can view a videotape in the LRC.

The LRC has a paperback collection, including western fiction.

**OPEN** Monday through Friday  
8 a.m. to 12:00 p.m.  
and  
1:30 p.m. to 5:30 p.m.

Extending to all students in the following programs a warm and sincere Waterloo Welcome:

Focus For Change  
Honors Program  
Academic Preparation  
Employment Preparation Program (CEP)  
General Arts and Sciences - Language Option  
Recreational Leadership  
Office Systems Operations  
Workers With Experience  
Labour Marketing Language Training  
General Arts and Sciences  
Microcomputer Software Specialist  
Food and Beverage Management  
Early Childhood Education  
Border and Technology Preparation for Women  
Bridging for Women

### ...What Student Services has to offer?

"Who to contact for OSAP information?" - June Dabster, Student Services. It's not too late to apply for OSAP, but once approved the process period takes 8 to 10 weeks.

"What to bring with you when picking up your loan?" Your statement of summer earnings must be brought.

"Where to go if personal problems are getting you down?" Roger MacIsaac, Counsellor, Student Services.

"Who to go see if you have Special Needs?" Roger MacIsaac, Counsellor, Student Services.



## ...How to book a fabulous meal in the "Conestoga Room?"

Did you know that the Waterloo campus has a licensed dining room? The "Conestoga Room" is operated by the students of the Hospitality Program. Students, employees and public are welcome.

Lunches are prepared and served at noon by first- and second-year students in the Food and Beverage Management Program, Tuesday through Friday, beginning in October.

The "Conestoga Room" is open on Wednesday evening for dinner from 5:30 p.m. to 7:30 p.m. These meals are prepared and served by the second-year students of the Hospitality Program. The prices are among the lowest in town, to make your reservations now, for a wonderful dining experience at the "Conestoga Room," Waterloo campus.

\*\*\*Reservations may be made by calling 885-0300, ext. 244 between the hours of 11 a.m. and 2 p.m., Tuesday through Friday.\*\*\*



The CHILD CARE CENTRE at Conestoga College's Waterloo campus was a joint venture between the Ministry of Community and Social Services, Manufacturer's Life and the college. The 90-space centre is designed to meet the child care needs of families with infants, toddlers and pre-schoolers, and to serve as a training centre for students in the Early Childhood Education program. Enrollment in the centre is open to families of Manufacturer's Life, the college, and the community. To obtain additional information or to register your child, please call Joyce Chapman, Team Leader, at 725-3000.

**Enjoy skiing or hiking?****Maybe chess is your cup o' tea.**Whether your interests  
check out **CLUB WEEK?****from Sept. 13 - 17**Stroll up your own club  
or join an existing one now.See about DSA Club Grants at the information  
table at door # 3 foyer and get involved in as  
many college clubs as you can handle.**FROSH KITS!****On Sale Now**at the DSA Activities Office  
Get what you need from a Laundry Bag o' Stuff**WHERE'S the BEACH?****"Co-ed" Beach Volleyball****Tues. Sept. 7****4 p.m. to 7 p.m.**During the Rally and from 9-12  
Outside the Kenneth E. Hunter Recreation Centre

Sign up teams of 4 (two men, two women)

**SIGN UP RIGHT AWAY. SPOTS ARE  
GOING FAST!**

Sign-up sheets available at the DSA Activities Office

**Place your bets...  
at Cliff Condon's Casino  
and Nightclub****The Main Cafeteria transforms  
into a Las Vegas-style Casino****Thurs. Sept. 9  
11 p.m. to 1:30 p.m.****Free Entry****Get your DOON Dollars, and create  
plenty of chances to win Great Prizes!****Classified Ad**Wanted: Two students to help with wedding reception. Duties: set up (serving, cleaning  
dishes, linens and tablecloths). Offering: \$1000. Approximately 4 hours — Sept. 28.  
Reception at Central Coast University at Nanaimo. Must provide own transportation.  
Students with hospitality experience or background preferred. Please call (604) 293-2887  
— after 7 p.m. or (604) 293-2776 — daytime. Job for Students**Toronto Blue Jays**

vs.

**Boston Red Sox****Tuesday, Sept. 21****Tickets: \$22.00 (includes transportation)****Cash Only**

Bus departs at 5 p.m. STARTS from door #3

Don't miss the World Series Champion Jays for the WORLD!

Tickets Available at DSA Activities Office (main cafeteria)

**Road Runner's Car Rally  
and Scavenger Hunt****Wed., Sept. 8****3:30 p.m.**Starting Point — Turning Left #4 On Drive of Woodhill Bldg.  
near of Early Childhood Education  
Awards and Receptions at the Planning Point — The Silverline Tavern  
at the corner of Silverline Way and Silverline Way  
**Entry Fee is \$5.00/Team**

Register at the DSA Activities Office at the main cafeteria

**The Ultimate Icebreaker****Tues., Sept. 7****2:30 p.m. to 3:30 p.m.**

at the Kenneth E. Hunter Recreation Centre

**FREE ADMISSION****It's Entertainment!  
It's Madcap Fun!**Join us and show the world your spirit!  
barbecue and summertime fun will follow.

More information available at the DSA Activities Office (main cafeteria)

## USED BOOK SALE

**WEDNESDAY SEPT. 8 - 10  
IN THE STUDENT LOUNGE**

Students can purchase used textbooks at reasonable prices. Students can drop off old textbooks to be sold at the DSA Administration Office located across from the Student Lounge during the week of Aug. 30. Consignments are applicable.



## Want to bet on a sure thing?

Toss!

**DSA Sports Pools**

**Free Entry**



**Great Prizes**

SEE Mike at the DSA Activities Office for more information.

**Conestoga College Student Food Bank  
Help fill empty cupboards!**

**Food Drive Sept. 13 to 17**

Drop off canned goods  
at DSA Activities Office  
or Student Services



For every canned good donated  
your name will be entered into a  
draw for 2 Jays tickets

Draw to be held Fri., Sept. 17 at 12 p.m.

**Message from Deon Student Association**

When does a date become a crime?  
when she says "NO". And he refuses to listen.  
Against her will is against the law.



## Peer Tutoring Quiz

Check boxes that apply to you

- ☐ Feeling lost during a lecture
- ☐ Struggling with homework
- ☐ Poor test results

If you have checked any of the above,  
you could benefit from tutoring

Five hours of subject specific one-to-one  
tutoring for only \$15.00

**APPLY AT STUDENT SERVICES**



**Pig out at the Spaghetti-Eating or Pie-Eating Contest**



**Wed., Sept. 8**

**Main Cafeteria**

**12:30 p.m. to 1:30 p.m.**

LUNCH IS ON THE COON STUDENT ASSOCIATION

Sign up at the DSA Activities Office.



## Talking Sex With Sue

**Sue Johanson Live at Conestoga College**

**Wed., Sept. 22**

**4:30 p.m. to 6:30 p.m.**

In the Blue Room cafeteria

**Admission \$1.00 in advance and \$2.00 at the door**  
**DSA-run bar-b-que to follow**

**Draw for a trip for 2 to the Quebec Winter Carnival**

Tickets available at Student Services or DSA Activities Office

Sponsored by

Conestoga College Date/Rape Awareness Committee



**Alumni Association**

**Conestoga  
College**

*presents*

## College Day at the Dome!

**Saturday, Sept. 11, at 1:35 p.m.**

**Toronto Blue Jays**

**vs.**

**California Angels**

**Tickets: \$15.00**

**Bus: \$10.00**

The bus departs from Lot #6 at 11 a.m. Tickets available at the  
Alumni Affairs Office in the Student/Client Services Building  
Call 746-3542 for more information











